

Being Healthy Inside Out: Building Better Body Image

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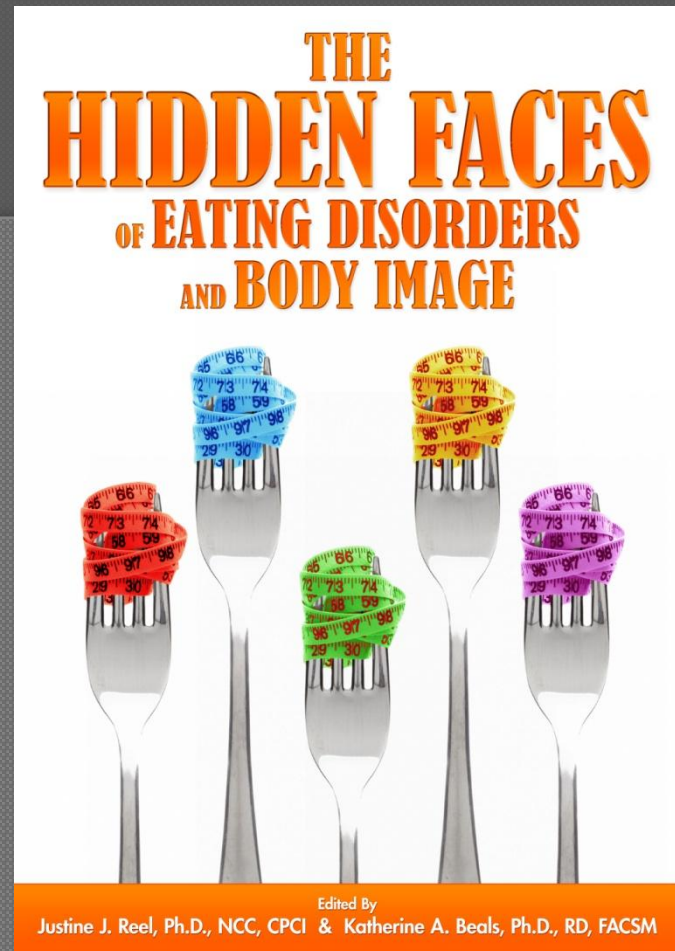
University of Utah

“I’m tired of all this nonsense about beauty being only skin-deep. That’s deep enough. What do you want, an adorable pancreas?”

Jean Kerr

Thank you

- Utah Council for Worksite Health Promotion
- National Association for Girls and Women in Sport
- American Alliance of Health, Physical Education, Recreation and Dance



Goals of Session

- Identify prevalence of body image disturbances
- Discuss body image triggers
- Describe body sculpting strategies
- Explore ways to help improve body image health

Growing Old Gracefully?

Body Dissatisfaction

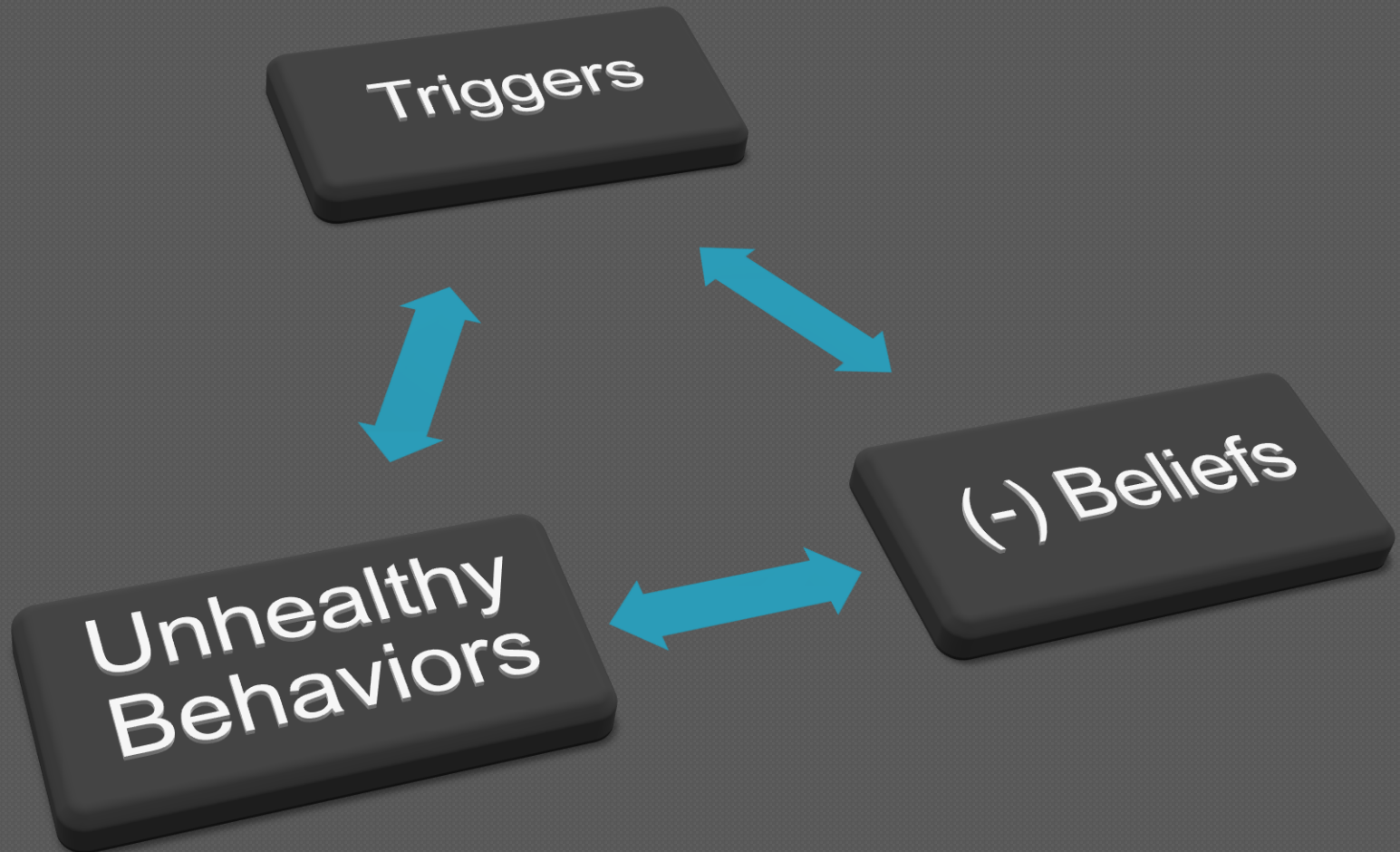
- 80-90% of women were dissatisfied
- 45% of men
- #1 reason for physical activity in U.S.?
- #1 reason for physical activity in Hungary?

*Body image distress results
when we focus on ideal and feel
we fall short!*

...BUT isn't this "normal"?

Media and the Gaze

The vicious cycle



Traditional Strategies

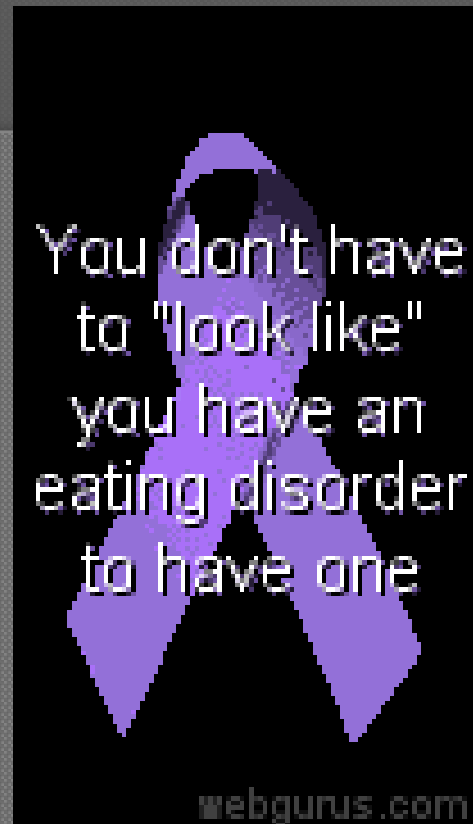
Lifting, Firming, Correcting

Nip and Tuck

“I asked my doctor for surgery to take the fat from my stomach and put it on my behind.” Donna, 44

Overexercise

Dieting and Eating Disorders



What can professionals do?

Screening Questions

- What are your main reasons for exercising?
- What are your main reasons for not exercising?
- What does healthy exercise include?
- How do you know when to stop exercising?
- Do you exercise to eat or eat to exercise?

Help clients choose...

- To exercise to “feel” good as well as “look” good
- To eat for fuel
- Intuitive Eating
- Positive self-statements

Help clients identify triggers



**Peer &
Family
Influence**



**Stressful
Events**



**Clothing &
sizes**



**Personality
Traits**



**Fears of
aging**



**Medical
visits**



**Sports &
Fitness**



Media

Avoid Body Image Traps

- ◉ How will you feel about yourself in this situation?
- ◉ Will you feel beautiful?
- ◉ Can you be proactive to buffer body image?
- ◉ Activate your body image blinders

Body Talk

- “My body is gross”
- “I have football thighs”
- “My chest isn’t pumped enough”
- “I’ve got hair growing everywhere”
- “Everything goes South with age.”



Change Body Talk

- Notice body talk and your emotional response
- Be your own therapist – where is this coming from?
- STOP the chatter
- Replace with neutral or positive thought or self-statement

Expand your identity

Soul Image

- ◉ Develop hobbies that take you outside your body
- ◉ Limit body checking, other body monitoring devices, and media exposure
- ◉ Find your place of peace and relaxation and go there often

Create a new FOOD identity

- ◉ Intuitive Eating - Eat when hungry
- ◉ Stop eating when full
- ◉ Consume enough calories to fulfill daily activities
- ◉ Eat a variety of foods
 - Make sure that your daily nutrient requirements are met
- ◉ Eat mindfully – use all of your senses**

Create a new FITNESS identify

- Exercise because you want to not because you “have” to!
- Find new reasons to move
- More variety in fitness routine
- Stop exercising when sick, tired or injured

Focus on health, not weight

- Its not important how many pounds you shed; if you aren't being healthy, and being responsible with your body, IT WON'T LAST!
- DIETS DON'T WORK!
 - There is a reason America spends \$40 Billion a year on diet aides: they don't work and you have to keep buying them to maintain the weight loss
- The focus should be on healthy eating and healthy exercise

Change environment

- ◉ Refuse to tolerate body talk
- ◉ Add stress relief and self-care moments throughout the day
- ◉ Allow yourself and others to be “human”
- ◉ Don't judge

Personal Steps

- ◉ Be assertive about weigh-ins
- ◉ Avoid shops/styles that make you feel bad about yourself
- ◉ Cut out labels
- ◉ Stop counting calories/carbs and listen to your body!

Resources

- ◉ Justine.Reel@hsc.utah.edu or visit www.utah.edu/speak/

